



## What is AquaGo?

The new physical and aquatic literacy program developed by Canada Artistic Swimming, a nation-wide grassroots foundation program for artistic swimming in Canada. This new program reflects the current science behind long-term athlete development (LTAD) in the sport of artistic swimming, focusing on developing aquatic literacy as well as providing an introduction to the sport.



- Swimmers should be comfortable in the water and jumping into the water without the assistance of a life jacket
- Have previous beginner swimming lesson experience

## Aquatic Fundamentals, with a focus on the FUN part!

**Choice of : Wednesdays or Fridays 4-5 pm**

### SESSION 1:

1. Wednesdays Oct 19-Dec 14
2. Fridays Oct 14-Dec 16

### SESSION 2:

1. Wednesdays Jan 11-Mar 15
2. Fridays Jan 13-Mar 17

### SESSION 3:

1. Wednesdays Apr 12-Jun 14
2. Fridays Apr 14-Jun 16





*Get ready to be wowed by  
what you can do in the water*

# AquaGO!

The program is based on the four pillars of artistic swimming skills:

## ARTISTIC SWIMMING SKILLS

Participants will be introduced to fundamental artistic swimming skills which will be developed and acquired throughout the AquaGO! program.

## SWIMMING FUNDAMENTALS

Acquiring fundamental swimming skills is an essential component to developing the artistic swimmer. Participants will develop and strengthen their aquatic literacy at every level of the program.

## FLEXIBILITY

Flexibility is a priority skill to the development of the artistic swimmer, and essential suppleness skills are included at all levels of the program to ensure the participant gains important flexibility skills for success in and out of the water.

## ATHLETIC ABILITIES

The development of fundamental movement skills (both on land and in the water), speed, strength and stamina are important for all children and for the development of the artistic swimmer. These athletic abilities are included at all levels of the AquaGO! program to ensure the balanced development of the participant.

Program consists of 6 levels. There is ongoing assessment over the course of the lessons with Mid-Session feedback and Progress Reports. Swimmers earn new swim caps with each level achieved.







## COSTS:

**Annual club registration fee: \$50** covers registration with BC Artistic Swimming & Canada Artistic Swimming (Note the club fee is paid once per year)

**SESSION 1:** \$157.50 (9 classes)

**SESSION 2:** \$175 (10 classes)

**SESSION 3:** \$175 (10 classes)



## Payments:

### Payment Summary for Registration:

#### Cheque:

Mail one cheque payable to 'Victoria Artistic Swimming' in the amount of your session fee plus the one time \$50 registration fee (if registration fee paid for 1st session you don't need to pay again for other sessions).. Mailing address: 100-4636 Elk Lake Dr, Victoria BC, V8Z 5M1

**OR**

#### ETransfer:

Instructions given after registration





## Victoria Artistic Swimming AquaGo Program Cancellation Policy:

The family of a swimmer that wishes to withdraw from an Aquago session must notify the registrar ([jennifervicsynchro@gmail.com](mailto:jennifervicsynchro@gmail.com)) and bookkeeper ([chris.victoriasynchro@shaw.ca](mailto:chris.victoriasynchro@shaw.ca)) of the club. The initial Club Registration Fee is non-refundable. If notice of withdrawal is received before class number 5 then a pro-rated refund will be given. No refunds issued if withdrawal is after class 5.

### HOW TO REGISTER :

1

GO to our website: [victoriasynchro.com](http://victoriasynchro.com)

2

#### CREATE YOUR ACCOUNT:

- ◆ click 'sign in' in upper right corner
- ◆ Follow prompts to set up your account
- ◆ Complete your account profile (that is your information) and add member (this is your swimmer!) to be able to register
- ◆ you can add multiple contact emails if needed

or

#### SIGN IN TO YOUR ACCOUNT


- ◆ go to website and click 'sign in' in upper right corner
- ◆ Ensure all information is up to date including emergency contacts

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#### REGISTER:

- 1 Look under 'Programs' tab at top
- 2 Scroll down to the 'Recreational Programs' section and under this click on:
- 3 Under 'AquaGo' click on:
- 4 Follow registration instructions

Explore or Register

 Register

You will receive a confirmation email after you have registered, this will include any forms required.